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OCT. 3, 2016 | VOL. 48 ISSUE NO. 5

EXCLUSION VERSUS INCLUSION

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BY KRYSTEANA SCRIBNER | P 8

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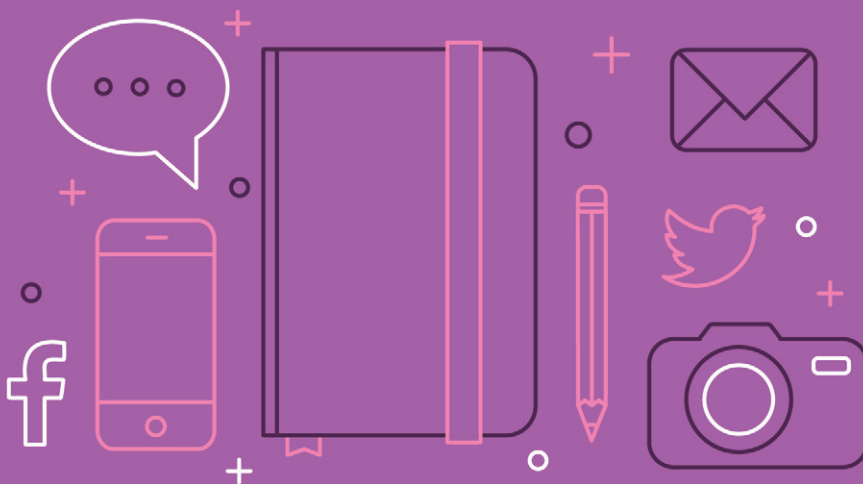
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Hannah Lyon / Design Director
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LETTER FROM THE EDITOR

The importance of acceptance

Regardless of our differences

Krysteana Scribner
Editor-in-chief

The past few weeks, I've been really interesting in research regarding exclusion and inclusion on campuses across the United States. For some individuals, particularly many of our commuter students here at USM, these definitions mean nothing - a drive to and from campus strictly means business, where socialization and awareness of other individuals behaviors are not important or possible to take into consideration when they are just coming to school to make a living.

I spent a few hours walking around campus the other day, the chill of winter just starting to settle in, the fall leaves silent and still on the lawns between Payson Smith and Luther Bonney. Students were spread out across campus, regardless of this drop of temperature - bundled up in fall attire (scarves, beanies, pumpkin spice lattes, etc.) they studied with friends outside knowing that the weather was soon to change.

It is said that the first three things you notice about an individual are their race, gender and age. While many people will say that they do not discriminate, it is inevitable that our human consciousness will target these things, and based on past experience or relevant information, begin to process the individual in a particular category before we even get to know them.

What's so wrong with this? There are still too many people in the world today that take these first impressions and create stereotypes from them. I believe this is due to a lack of education,

in part, and can also be a side effect of family/societal norms and values that have been adopted over time. Regardless of who we are, there is racism in the world. It does not apply to all, but it is important to note that many of the issues we face today, particularly regarding racial exclusion, are existent primarily on the means of fear and immaturity.

This week, I decided to write about these two terms, exclusion and inclusion, and what context they play here at our university. Last week, Mariana Cruz, the new Assistant Dean for Diversity and Inclusion, held an open discussion for students regarding these definitions. She asked participants - me and only one other student, both who were caucasian - what experiences we've had both in the multicultural center and elsewhere on campus that could reflect the inclusive or exclusive environment. Although good conversation occurred, the other student had to leave early on in the discussion. So Mariana and I chatted.

She told me how students have approached her already, even though this is her first semester at USM, with both concerns and praises for the student groups here at USM. There have been reports of exclusive behavior stemming out of the Multicultural Center, but also an inclusive acceptance for those who are truly interested in being a proactive member. Across the United States, she explained, there is a rising concern regarding exclusion, but here at USM, she as well as many others are working hard to ensure that all individuals are grounded in a positive experience that is born out of inclusion.

So where do we go from here? Mariana explained that the attendance for this was low simply because it was one of the first discussions. Students may still be unaware that these discussions are taking place, and she strongly encourages that others participate in the future. Discussion of race has been a particularly sensitive subject matter, for obvious reasons, and I truly hope these discussions could open doors to the more positive discussion regarding the exclusion others feel toward one another.

My most inspiring discussion on exclusion and inclusion was a freshman here at USM. After graduating from High School last semester, she has found a comfortable and inclusive space through the multicultural center. She expressed a desire for more discussion, for opinions that differed and individuals who were willing to speak without fear of backlash. She explained that everyone's opinions matters, even if it isn't what we believe, and that we can all learn from each other if we could just have a discussion about our thoughts and feelings rather than create a passive aggressive, exclusive environment.

Her words inspired me. I felt as if the change was possible, that perhaps the next generation will be open enough to understand and learn from one another in a way that perhaps our generation is unsure of how to do. In regards to this, I've been reading up on some of the new education that school systems are trying to provide young children in today's day and age - stronger communication skills are now an important, integrated part of their lectures

and discussions, something I don't remember having as a child.

Luckily now, I am in college taking communication classes, and I can say with one hundred percent certainty that my communication skills - my ability to listen, understand and engage in discussion appropriately - wouldn't have developed without the help of these classes. It's a skill I believe that everyone should be learning - it's a skill we take for granted, believing that it's an embedded, obvious trait that families should teach us as we grow - but I truly believe that it goes un-talked about, and because of this, discussions I see via social media and face-to-face are not as developed and as educated as they could be.

With this in mind, I go back to exclusion and inclusion, the idea that a student group on campus can be accepting of others, or only accepting of a particular group of people. What are your experiences? Your own perspectives on these definitions? I delve into this and more in my article found on page _____. I hope that by reading my piece, you will find a basis of education on what it means to be both exclusive and inclusive, and how in the future, you can be better accepting of conversations and discussions, regardless of how uncomfortable they may seem to be. It's time to be brave and talk about the things we are too afraid could cause an uproar. It's time to call our safe spaces on campus 'brave spaces' where open discussion can be had.

New graduate building could be coming to campus

Eliot Cutler and President Cummings disagree on location of new graduate school



Sam Hill / Contributor



Photo courtesy of University of Southern Maine Image Bank

Left: Two years ago, Eliot Cutler spoke regarding his desire to plan the graduate center. **Right:** An aerial shot of USM shows various space in which the center could be placed.

Julie Pike
Free Press Staff

In the next few years a new graduate school will be added to the city of Portland, bringing together the University of Maine System's graduate programs from different schools under one roof. However, the exact location of the school is still up for debate.

The plan for the new Maine Center for Graduate Professional Studies (MCGPS) is currently in its final stages of drafting.

The school combines the University of Maine School of Law, the University of Maine and the USM MBA programs and the Muskie School of Public Service.

Eliot Cutler, the former Independent gubernatorial candidate, is at the head of the plan for the new graduate school, working with his own team, as well as faculty from each school. Businesses in the Portland area are also included in the plans for the MCGPS.

"We have an advisory board of 109 members, from businesses of legal and public service committees that are

very active and supportive," Cutler stated.

As explained on the MCGPS' official website:

"The Center will feature highly integrated curricula, close engagement with the Maine legal, business and entrepreneurial communities and new degree and certificate offerings."

"The school will give graduate students the opportunity to take a wider range of courses," Cutler also stated.

While the MCGPS will be located in Portland, Cutler and USM's President Cummings have differing opinions on exactly where in Portland. Cummings is in support of having the graduate school be located on the USM Portland campus. He believes there would be several benefits to having the graduate school on campus, such as being close to Interstate 295, having access to campus parking and other resources the USM Portland campus offers.

"Everything would be centrally located, which would be good for the success of the students in the graduate programs," Cummings said.

Cutler proposed the idea of having the center located in the Old Port or along the peninsula in Portland.

"Locations on the peninsula have certain advantages, being closer to City Hall

"The land on the USM campus would essentially be free to build the school on, but there's a limit to what you can do to generate revenues on this location."

- Eliot Cutler

Former Independent gubernatorial candidate

and businesses in downtown Portland, to name a few," Cutler stated.

Cummings believes that it would create excessive costs to house MCGPS in downtown Portland. He proposes that having the building on USM's Portland campus would eliminate the need to buy or rent property downtown.

"The land on the USM's campus would essentially be

free to build the school on, but there's a limit to what you can do to generate revenues on this location," Cutler added.

Cummings also pointed out that eighty percent of gradu-

versity offers."

The debate over the location of MCGPS is ongoing. Cummings stated that

everything was still at the committee levels of discussion.

Cutler added that it is too early to decide on a final location for the school.

"Getting into a discussion now about the location is premature, and doesn't include the opinion of those who are going to pay for the center," Cutler stated.

Among those who will fund the center is the Alfond Foundation, which has already contributed two million dollars to the planning of the school.

In late October, Cutler and his team will be meeting with the Alfond Foundation. They will present the plan that he, the committee for the MCGPS, including President Cummings, and other USM faculty have created.

At the meeting Cutler will ask the Alfond Foundation for a substantial financial commitment to creating the center. If the Alfond Foundation agrees, Cutler and his team will continue to reach

out to other investors, both in state and nationally, to raise the rest of the funds for the school.

Cutler states that the input of these investors will have a big impact on the decision of the location of the MCGPS.

"When you set out to raise millions of dollars from investors, you've got to give your investors a say in where the building goes," Cutler said. "They have a voice, and to deny them that voice in this decision would be a big mistake."

The exact location of the MCGPS will not be decided on until the plans for the school have become more definite and have reached funding goals.

"We have to show that the school can be financially self-supported and sustainable," Cutler added, "and that's what we've set out to do."

Regardless of its location, the MCGPS will be important for the state of Maine and University of Maine System.

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Building connections for honors students to Iceland

Jack Hahn
Free Press Staff

When people think of Iceland, their first thought may not be pristine tourist destination, but in recent years that is exactly what it has become. Beginning with the 2010 eruption of the Icelan-

amount of publicity, coupled with the current digital era, worldwide interest in Iceland as a tourist destination has grown exponentially.

On average, since 2010, the amount of tourists entering the country each year has grown by 20 percent. USM's interest in the country has

which is sponsoring numerous programs around campus, including the brand new study abroad program for honors students.

The MEIF is a fund sponsored by the state of Maine, and its purpose is to support and encourage Maine's economic development. This is done in part by funding university projects which are projected to benefit the state economy in some way.

"There are a bunch of projects funded by the MEIF that are inspired by or partnering with universities in Iceland, and the Honors Program is one of those," said Rebecca Nisetich, the director of USM's honors program.

The focus on Iceland is not unwarranted, as the country has many similarities to Maine. Both of their economies are driven by tourism and fishing, though Iceland's tourism market is more in the

"We sort of get the best of both worlds....You see everything from lava rocks, to geysers, to waterfalls, geysers and volcanoes."

-Erin Dowling-Kane
Project coordinator
Iceland study abroad program

dic volcano Eyjafjallajökull, the country has been propelled into the public eye. As a result of this unprecedented

also piqued recently, in part due to the Maine Economic Improvement Fund (MEIF),



Photo courtesy of USM Website

Two of the program students, Mary-Elizabeth Simms and Catherine Peranzi journeyed to Iceland. During their stay, they worked on several projects and traveled the country.

development stage compared to Maine's. They both have populations that mainly live

on the coast, and each also has only one major city hub. They are also both similar

in size and climate. These similarities all feed into the See **ICELAND** on page 7

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Understanding rights and responsibilities under Title IX

Johnna Ossie
News Editor

Title IX has existed in the United States for over forty years, yet many students at USM have little to no idea what it means, or what rights they have as a result. A Free Press survey found that even the students who know the basics of what Title IX is don't necessarily understand what rights they have or where to go to report a violation. Of twenty students polled in a 200-level women and gender studies class, fifteen of twenty said they knew what Title IX is, yet only 10 said they understood their rights under Title IX, and only seven reported they would know where to go on campus to report a Title IX violation.

Sarah Holmes is the Assistant Dean of Students and the Title IX Coordinator at USM. Holmes explained that Title IX laws were introduced in the 1970s as part of federal legislation that focuses on sex-based discrimination. Though implemented in the 1970s, these laws were actually a part of the education component of the Civil Rights Act of 1964.

Specifically, Title IX is a set of federal regulations passed as a part of the 1972 higher education amendments. The law states: "No person in the United States shall, on the basis of sex, be excluded from participation

in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

One of the original purposes of Title IX was to promote equality among student athletes, making sure that female athletes had equal access to resources and opportunities. When USM upgraded its baseball field, for instance, under Title IX it was required to also upgrade its softball field. Title IX extends far beyond sports, however, serving to protect students from any form of sex-based discrimination.

In 2011, the Department of Education distributed what's referred to as a "Dear Colleague" letter, which put public colleges and universities on notice that sexual assault and sexual violence are a form of sex-based discrimination. If colleges and universities are not doing the work that they should be doing to change the climate that perpetuates or allows these acts on campus, they are in violation of the rights of their students and are perpetuation systems of sex discrimination.

Currently, there are over one hundred schools in the United States today being investigated by the Department of Education for Title IX violations. Schools such as Harvard, Sarah Lawrence, Michigan State, Uni-

versity of California and many others made the list.

Under Title IX, all USM employees are considered mandated reporters. This means that if a student discloses that they have been the victim of sexual violence, are experiencing domestic or intimate partner violence or stalking, any USM employee they disclose that information to is required under law to report it to the Title IX coordinator, in this case, Sarah Holmes.

The Health and Counseling staff are not mandatory reporters. If a student wishes to disclose that they have experienced a Title IX violation to a confidential source, a staff person at the Health and Counseling Center would be the best option.

Once Holmes receives a report, she will reach out to the student through phone or e-mail, with her main goal being to provide support and resources. She emphasized that her focus is on supporting the student. She will attend counseling sessions with students if they feel more comfortable talking that way. Her goal is to give the survivor as much agency as possible.

"If at all possible I keep the survivor in the driver's seat. Unless there's a greater threat to campus safety, they aren't forced to file a report," she said.

Holmes explained that a "greater threat to campus safety" would mean mul-

9 FACTS ABOUT TITLE IX

1 Title IX is a landmark federal civil right that prohibits sex discrimination in education.

2 Title IX does not apply to female students only.

3 Your school must be proactive in ensuring that your campus is free of sex discrimination.

4 Your school must have an established procedure for handling complaints of sexual harassment, sexual violence, and sex discrimination.

5 Your school can issue a no contact directive to prevent the accused student from interacting with you.

6 Your school must take immediate action to ensure a victim can continue their education free of ongoing sexual harassment, sexual violence, and sex discrimination.

7 Your school may not retaliate against someone filing a complaint and must keep a victim safe from other retaliatory behavior.

8 In cases of sexual violence, your college is prohibited from encouraging or allowing mediation (rather than a formal hearing) of the complaint.

9 Your college should not make you pay for accommodations that you require to continue your education after experiencing violence.

Hannah Lyon / Design Director

Information taken from <http://knowyourix.org/>

iple reports filed about a particular person on campus, or multiple reports filed surrounding a particular place on campus, such as a particular dorm.

A large part of Holmes' job as the Title IX Coordinator is to help the student as much as possible with access to resources and assistance. She also helps to implement safety plans for the affected student, such as helping them switch classes if the perpetrator is in a class with the victim, helping a student find new housing. She may also work with students and professors to help create plans for a student to finish classwork, or anything else the student

may need assistance with on campus with regards to the Title IX violation that took place.

So why do so few students understand Title IX and mandatory reporting? Holmes explained that USM is still navigating the process of helping students and helping understand everything they need to know.

Rodney Mondor, director of Transitional Programs and New Student Orientation, said that Title IX is covered in new student orientation, as well as their rights under Title IX and how to report a violation. It seems staff are working to help students understand Title IX. Why, then, are stu-

dents so unsure of the their right and how to access resources?

"We never know how we're going to respond to something until the unthinkable happens," Holmes said. Her job is to do her best to help students navigate through what to do if the unthinkable happens. Under Title IX, the university's job should be to help stop the unthinkable from happening in the first place.

Students who wish to learn more about their rights under Title IX can visit knowyourix.org or usm.maine.edu/campusafety-project.

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Portland's METRO bus set to take over current student transit

Katie Harris
Free Press Intern

The campus buses that travel daily between Portland and Gorham may not be in service after the beginning of 2018, according to university officials. In two years' time, the university plans to switch to the Portland METRO bus system in order to transport students between the two campus locations.

Buster Neel, Interim Chief Business Officer, explained that he has spoken with officials from the city of Portland, as well as conversed with Greater Portland Metro (METRO) regarding the possibility of METRO provide transportation between the two campuses. Though they are still in negotiation, the university is soon to determine if and when the new plan

will go into effect.

"We have been approached by the city and they have been trying to work with USM and METRO for a while now," Neel stated. He continued by explaining that, if the decision to switch to METRO is implemented, the current USM bus service will still be the same for the next year and a half before the contract expires at the end of 2017.

USM senior and media studies major Nick Fournier explained that he uses the buses that travel between campus locations to commute to class. He said that as long as the cost of travel remains the same, the change over to METRO transportation sounds like a positive change for the university. As a dorm student on the Gorham campus, however, he believes that

METRO wouldn't further benefit students because the two campus locations are the only locations he needs to be.

"I don't think using the Metro would be more beneficial to me as a student in Gorham, simply because I only need to travel between the two campus locations," he stated. "However, if they were looking to do more stops via the METRO service, like in Westbrook, it could be beneficial to commuter students not in Gorham or Portland."

Fournier believes that, because the university buses are larger than the seating METRO provides, there may be an issue with seating and space for students. Regardless of the new change, he stated that the university needs to keep

See **BUS** on page 9



Kaitlyn Wiggins / Contributor

Students stand waiting for the buses, located outside of the Woodbury Campus Center. Once the university decides to switch over to METRO, the USM buses will no longer run.

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From **ICELAND** on page 5

burgeoning relationship between Maine and Iceland.

Nisetich elaborated further on how the honors program was able to receive money from the MEIF.

"Because Maine and Iceland have this emerging economic partnership, and because there are so many areas in which we overlap," Nisetich explained. "It will be important for Honors students to have experiences with that country so that when they graduate they will be in a better position in terms of workforce contributions."

By supporting the honors program, the MEIF is hoping to have a return on investment with all of the bright minded individuals that will end up as part of the Maine workforce after they graduate.

This is the first year that the honors program will be hosting a trip to Iceland, and they have acquired funding to travel there for the next three years. The first year

twenty five students will make the trip, with the number increasing in subsequent years.

Nisetich explained how the selection will be made: "There are parameters on who gets to go; in terms of your GPA, in terms of your level of engagement with the Honors Program," she said. "We don't take non-Honors students, you have to be fully engaged with the program, have declared the minor, and have taken two Honors classes by the end of freshman year."

The two-week trip will be part of a class that focuses on the history of fishing in Iceland, and how it ties into their economy. The trip is as much about preparing students for the real world as it is about the experience of traveling.

Erin Dowling-Kane is the project coordinator for the Iceland Study Abroad Program. "There are a lot of cultural things that are very similar to us and there are some landscape geography that is very similar to ours,

but there's so much that's very different also,

Dowling-Kane said. "So we sort of get the best of both worlds....You see everything from lava rocks, to geysers, to waterfalls, geysers, and volcanoes."

In recent years Iceland has had an influx of tourists from across the globe looking to disconnect from their digital lives and seek out natural beauty. As a result, the country has been having difficulty keeping up with the amount of visitors, but this issue doesn't seem to have affected the trip in any way.

Dowling-Kane elaborated on this point. "We are working with one of their universities to see if we can house students in their dorm," she said. "If that doesn't work, I have a great big list of hostels that we would be staying at."

This trip is a once-in-a-lifetime experience, one that the honors program has the privilege of offering their students.

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Exclusion versus Inclusion

*What kind of
atmosphere does
USM provide?*

Krysteana Scribner
Editor-in-chief

The University of Southern Maine is working toward creating a more inclusive campus environment, where students will have the opportunity to openly discuss concerns regarding feelings of exclusion in student groups such as the Multicultural Center, the Center for Sexualities and Gender Diversity and the Religious and Spiritual Life Council. Because of the growing concerns from students, faculty and staff regarding this behavior, USM is trying to engage students in stronger dialogue, in hopes that it will facilitate more thoughtful discussion around what it means to be inclusive.

You cannot define exclusion without speaking of inclusion: It is the same way we cannot speak of race, gender and other societal differences without interchangeably referencing them all in order to better understand an issue at hand. Exclusion, to shut or keep out, has been experienced by a variety of individuals in various circumstances. Inclusion, the act of feeling welcomed, offers a positive solution to what would otherwise offer only negativity.

Last Wednesday, the Multicultural Center hosted a discussion in Payson Smith, where all students were welcome and encouraged to engage in conversation regarding these two words. Although only two people showed up over the course of two hours, Assistant Dean of Diversity and

Inclusion Mariana Cruz explained that it will only get stronger over time.

Many students, she stated, have expressed concerns regarding how welcome they feel in the Multicultural Center. Without going into detail, she stated that there have been several reports of exclusion coming out of the Multicultural Center since she started less than two months ago. As an inclusive space for students, she explained that the mission statement of each center may not always encompass an inclusive feel for students, especially if they do not identify with it.

"There is a history of exclusion across society, regardless of what angle we look at it from," explained Cruz, noting her belief that human beings are hardwired for inclusion and acceptance. "I truly believe that exclusive behaviors are learned behaviors. They are born out of fear, out of the social circumstances in which we grow up, from the lessons we learn and even the physical and emotional wounds we've had inflicted on us."

She believes that students should be educated on what it means to have critical, in-depth discussion about our differences. Exclusion, she continued, is a result of insecurity and immaturity - and it is behavior exemplified not by one particular race or gender, but by individuals across the nation.

Sophomore therapeutic recreation major, Allie Gemmell, spent her Wednesday evening doing homework

in the Center for Sexualities and Gender Diversity. She considers the center to be an important safe space on campus that offers an inclusive feel to the USM community. However, she did note that she has heard students complain about the centers in Woodbury being 'exclusive.'

"Students don't come into these centers because they feel as if they don't quite

"I truly believe that exclusive behaviors are learned behaviors. They are born out of fear, out of the social circumstances in which we grow up, from the lessons we learn and even the physical and emotional wounds we've had inflicted on us."

- Mariana Cruz

Assistant Dean for Diversity and Inclusion

'fit in,' but that sounds so strange to me. If you come into the LGBTQ center, for example, and you are straight, you may not like the LGBTQ decorations or feel completely in place - but we have a lot of discussion on a variety of topics, we don't just talk about gender diversity. It's always nice to get differing opinions on differing viewpoints."

She further explained that regardless of what a safe space offers, it will inevitably feel exclusive because the group of individuals who meet in the centers

do so because they share similar life experiences. Because of this, she believes a byproduct of their interactions becomes 'exclusivity,' where people feel left out because they are not a part of their group.

"The feeling of 'exclusion' is a difficult topic to speak on, because what one person may consider an 'exclusive' space may not feel that way to another individ-

should be mediated by someone who is multi-cultured to educate students, instead of people thinking one's better than the other."

Cruz reflected a similar ideology, explained that anyone who is educated on the subject matter of inclusion and exclusion should be allowed to talk to students and that their experience with it shouldn't be the justifier for who gets to talk about it. She believes that this perspective, although important, holds exclusive ideologies that Caucasians are not allowed to talk about race, and in her opinion, that just isn't the case.

"People should be allowed to talk about race as long as they are educated on the subject matter and are aware of the fact that they may not know what it feels like to be excluded," she explained. "We need more dialogue, not limited dialogue. All perspectives matter."

Iman Mohamed, a freshman computer science major, spends a majority of her time in the Multicultural Center with some of the new friends she has made. As a new student, she stated that the environment of the Multicultural Center has been very welcoming for her. Although her experiences have been good, she explained that the University should be facilitating more discussion and training when it comes to cultural competency and appropriate dialogue.

"One of the most important aspects of the education is to remember that different opinions are useful and they are welcome. Some

people might come to the discussion and think that the majority of people have an opinion that doesn't match mine, so they will steer away from what they really feel and think," she explained. "We should remind people that whatever opinion you have is fine, and everyone is here to learn, so why hold back?"

What can we learn from the voices of students that express concern regarding exclusion on campus? It is important to remember that exclusion is born out of fear, out of the social circumstances in which we grow up, from the lessons we learn and even the physical and emotional wounds we've had inflicted on us, as Cruz noted when asked this important question.

Every exclusive behavior an individual presents if often the result of exclusion they have experienced themselves. As a result, better dialogue must be created around the subject matter in order to ensure that people in our community do not fight exclusion with exclusion, hatred with hatred, or violence with more violence.

In the end, it's important that USM continues to be aware of the campus racial climate. As they progress through the challenges of exclusion, the hope is that they can continue to pinpoint the specific challenges underrepresented students face on a daily basis in order to improve the education of interracial relations.

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From **BUS** on page 7

in mind that space could be an issue if the university plans to just place students on buses already filled with Portland locals.

Currently, USM funds the costs of transportation via a tuition fee. This extra cost to students, whether or not they take advantage of it, allows students to be brought back and forth to and from Gorham. The fee included in each student's tuition ranges from \$55 to \$110 dollars depending on credit hours. Regardless of whether or not students take advantage of this service, they are billed for the

cost.

The current bus service between campus locations allows student to commute

or purchase a bus pass. If USM was to use METRO as the main mode of transportation for their students,

ation fees is still being discussed among university officials.

President Glenn Cummings believes that it's a great idea for the students and will benefit the university as well. He stated in a recent interview that he is very excited for the potential of the new bus program, which could open up a wider range of travel locations among university students who may not have any other mode of transportation.

"We have been approached by the city and they have been trying to work with USM and METRO for a while now."

- Buster Neel
Interim Chief Business Officer

to Gorham and Portland. The current Portland METRO bus system requires all passengers to pay \$1.50

individuals affiliated with USM will be given a bus card. Whether or not this card will be included in tu-

ton Pseudo-nitzschia. When shellfish eat the plankton, the acid can build up inside their systems.

Domoic acid acts as a neurotoxin when ingested by mammals, including humans. It can cause permanent short-term memory loss, brain damage and even death in severe cases. The phenomenon is known as amnesic shellfish poisoning.

Reading, told police the terrifying encounter unfolded when she was smoking a cigarette outside her home at South Terrace Apartments around 2:30 a.m., and the suspect grabbed her by the throat. The man, wearing a white clown mask, red wig and striped outfit, told the frightened victim: "I should just kill you now."

The creep then said that "some students and teachers would wish they were never born at the Jr. and Sr. High School today," according to a police report.

Youngblood told police she then heard loud beeping, possibly an alarm from a neighbor's open window, which she thinks startled the masked man.

"He squeezed her harder for a second then pushed her away and fled the area," the police report reads.

Several officers were dispatched to the area after Youngblood's call, but no arrests had been made as of early Friday, according to a dispatcher at the Reading Police Department.

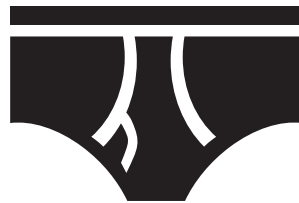
young man was arrested in connection with the killings.

Had this crime, discovered on Thursday morning, occurred in the United States, it would have ranked as one of the most horrific mass murders in the nation's history, worse than the killings last year in San Bernardino, Calif., where 14 people died, and the 2012 shootings at a movie theater in Aurora, Colo., which killed 12.

But in China, the country's censors have been hard at work taking down posts about the killings on social media that deviate from the terse, five-sentence account released Thursday afternoon by Xinhua, the official news agency, and dutifully reproduced in print and on the internet across the country.

Although Yang Qingpei, 27, was arrested in relation to the killings in the village of Yema — "wild horse" in Chinese — little was publicly known on Friday, 36 hours after the bodies were discovered, about what happened. The police arrested Mr. Yang on Thursday afternoon in Kunming, the capital of Yunnan Province, more than 100 miles to the south of Yema, Xinhua reported.

In Brief...



Local & State

Maine recalls mussels, claims tainted with neurotoxin

Portland Press Herald — The state Department of Marine Resources issued a recall notice Friday for certain mussel and clam harvests after they tested positive for unsafe levels of a neurotoxin that causes brain damage in humans.

The recall applies to mussels and mahogany quahogs harvested or wet-stored Sunday through Friday in the Jonesport area, and clams harvested Wednesday through Friday in the area from Cranberry Point in Corea to Cow Point in Roque Bluffs.

Department spokesman Jeff Nichols said the recall is based on testing of mussel and clam samples, and that no cases of illness from eating the tainted shellfish have been reported.

The samples tested exceeded the established threshold of 20 parts per million of domoic acid from the phytoplank-

Portland police start carrying Narcan

Portland police to start carrying Narcan

Bangor Daily News — The Portland Police will start carrying Narcan, a medication that can save lives by reversing the effects of a drug overdose.

Police Chief Michael Sauschuck announced Friday morning that all patrol officers in the city will carry the drug, also known by its pharmaceutical name naloxone, and that every department officer has been trained in its use.

National

Clown attack prompts closure of school in Ohio

New York Post — A man dressed as a clown attacked a woman on the front porch of her Ohio home early Friday before making a veiled threat to attack local schools, police said.

Kim Youngblood, 45, of

International

China news outlets play down killings of 19 in mountain village

New York Times — In a remote Chinese mountain village, 19 bodies were found. Among the dead was a 3-year-old. Hours later, a



Police Beat

*Selections from the
USM Department of
Public Safety police log
Sept. 8 to Sept. 10*

09/08/16

Just stop speeding, okay?

Motor Vehicle Stop, G2B parking lot. Verbal Warning for Speeding in the lot.

There are a lot of people in your car...

Suspicious incident, GS1 parking lot. Officer out with people in a vehicle. Unfounded.

09/10/16

Spiderman and his friends

Disorderly conduct, Philippi Hall. Report of people climbing on the outside of the building. Officer spoke to residents. Resolved

Some random business had troubles

Assist other agency, Gorham Police Department. Business alarm going off. Officer responded. All set, report taken.

Take that, elevator!

Vandalism, Upper Class Hall. Report that an elevator light was smashed out. Report taken.

A neat way to get a free tuition

Medical emergency, Brooks Student Center. Report of a student slipped on the floor and hit her head. Transported to Maine Medical Center. Report taken.

Running around drunk sounds horrible

Assist other Agency, Gorham Police Department. Report of an intoxicated female running on Route 25. Officer assisted Gorham PD. Report taken.

Eminem echoes through entryway

Noise complaint, Upper Class Hall. Officer reported loud music coming from third floor. Resolved

Someone really hates posters

Suspicious Incident, Anderson Hall. RA reports graffiti on a poster. Report taken

Police Beats are edited for grammar and style

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Arts & Culture

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CHVRCHES concert review / 12
Rocker & Hall Reviews / 13

Under Milk Wood

Dylan Thomas' radio drama on stage

By Cooper Krause | Free Press Staff

This past weekend, the theatre department at USM debuted their first play of the semester: *Under Milk Wood*. The script, originally intended for radio, was written by Dylan Thomas, a Welsh writer known for his film scripts, propaganda and particularly his poetry. Director Andrew Harris is an avid fan of Thomas and let me know, however, that *Under Milk Wood* is a particularly unique play in Thomas' body of work.

The plot and setting of the play are essentially one in the same: the depiction of a small village in Wales. Dylan imparts clear insight into small town life, the tense and often hilarious intersections between somewhat regular people who happen to live close together. Postmen, sailors, schoolchildren, old mar-

ried couples and much more all play a role. At times actors fill the stage as the entire town comes together. Harris, an Englishman himself, reminisced, "Dylan's long and loping prose recalls the topography, the rolling hills of his homeland."

The village as a whole, though a complete image, merely sets the scene for Dylan's wonderful and extensive set of characters. Through these characters, and with uninhibitedly evocative descriptions, Dylan portrays the inner turmoil of the mind and heart. Hopes, dreams, fantasies, fears, sex and religion—these are all themes throughout the play.

Under Milk Wood is being shown only a month into the semester, and as one might imagine, there have been many challenges in that short period of time. As the play was originally intended for radio, set and 'character blocking,' or movement on stage, have been left completely up to the theatre department's interpretation. Harris, with his interest in Thomas' works, has worked closely with his actors and

artists to create appropriate images to accompany the script. While the language in the play is eccentric, the set is actually somewhat sparse, placing more emphasis on the actors. Actor and narrator Owen Carten said, "As actors, we bring the mood. It's how you act on stage. The set is there to set the scene. As actors we have to communicate how we feel through our bodies, faces and mind. In some ways a sparse set makes this easier and more exciting."

The play's relatively small ensemble cast has also been charged with portraying upwards of sixty characters. During the play, actors are running around behind stage, down to the makeup room, so as to pop back up on stage as a completely different character. Under Milk Wood is freshman Nate Genrich's first opportunity to get up on stage and put on a show, and he's already playing four principal roles, plus four supporting roles. "This is my first time ever being on stage," he said, "and it's been a very interesting introduction to acting. I've been thrown right into it."

Nate isn't the only one. "I've never been more than a supporting character before. This is the biggest

role I've ever had in my life. It's a huge challenge, but it makes me feel good memorizing multiple monologues in a month," Bobby Dall said. Carton could not stress enough just the amount of

Hall Main Stage have been teeming with excitement, and the cast truly feels that USM students will enjoy the play as well. The play is quite abstract and requires focus, but can leave quite an impression. "If an audience walks out asking questions," Carten said, "and having [the play] be discussed on the car ride home, buggin' your mind before you click off the light and go to sleep, that's when you know a production has been worth your time."

Under Milk Wood will



Photo courtesy of USM Theatre Department

From left to right: Molana Oei, Bobby Dall, Owen Carten and Collin Young, cast members, pose in character.

writing the actors are responsible for in this play. Fortunately, the two narrators, internalized their lines just as show time started to come around.

Despite the challenges, *Under Milk Wood* has been an extremely rewarding experience. Pre-show time in the halls below Russell

continue to show on Russell Hall's Main Stage this coming Wednesday, Thursday, Friday, Saturday and Sunday. One seat costs eight dollars for students. If you manage to make it out, keep Dylan Thomas' advice in mind: "Love the words."

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Finding friends after starting college can be hard



Photo courtesy of USM Image Bank

Students meander around the halls of the Student Success Center, located in Gorham.

Dionne Smith
Free Press Staff

Everyone needs friends, but it's not always easy to make friends in a new place. Transitioning from high school to college is challenging enough. You're leaving behind your old life in a controlled school environment, and you're branching off into a completely different

you're moving away from everything that you've known, that set social structure that you've gotten used to for the past 13 years, including kindergarten."

Being more outwardly social can be challenging when you make such a big change. Most of your life has been set up as being in one grade and making friends in your grade, and suddenly when a student

they used to in high school. Chu describes his transition to college as being defined as loneliness. It's very easy to feel lonely when you go to a different environment. You have no one to really call a friend, and your old friends are all too busy.

Being a residential student can also be unnerving. Dwayne Dyer, a USM freshman, said, "It's different socially because you're living with people you've never met before, it's just a little weird." Dorms are definitely a little weird, and a little crowded in Gorham. It can be challenging to break out of your shell and try to get to know your roommate(s) and anyone else on the same floor. It can also be a bit scary because of how many people you have to live so closely with. And almost every single one of them are complete strangers. Even people who have graduated and can reminisce about their transition can say that is was hard. Natalie Hill, a worker at the bookstore, said that she

goes off to college, either as a commuter or a residential student, it can be unnerving to really get yourself out there. Also, any high school friends that you did have, unless some of them are going to the same college, are all off doing their own thing, and everyone doesn't have as much time to talk and hang out as

"It was kind of difficult in a way, because you're moving away from everything that you've known, that set social structure that you've gotten used to for the past 13 years, including kindergarten."

-Christopher Chu
USM Freshman

world. Socially, your world is also changing. High school used to be pretty simple. You would hang around the people you fit in with the most or you liked the most, but in college it can be difficult to find those kind of people so easily. "It was kind of difficult in a way," said Christopher Chu, a freshman at USM, "because

See **TRANSITION**
on page 12

The New North Atlantic

Dr. John Gillis on where we're going

Kelly Scrima
Contributor

"I understand nature to be made by us, and we made by nature. In other words we don't exist separate from nature", said Dr. John Gillis, renowned historian, following his talk entitled "The New North Atlantic". "We are constantly projecting on nature both our fears and our dreams, and nature is shaping us in the way we express that, and develop that," remarks Gillis. The lecture was held on Wednesday, September, 28, in the Glickman Library and was hosted by the Osher Map Library Smith Center for Cartographic Education.

Andrew Cook, a student of Jan Piribeck, spoke of the emergence of trade routes with Iceland due to rising sea levels, and states that he is "interested to learn more about what that entails." On the subject of study abroad programs between USM and Iceland and the North Atlantic region Cook said that he would be "interested in it." As for the influence of living coastal, he says, "I'm actually from a mili-

tary family, so I've always lived on the coast. I've never not had access to water and beaches which I've spent a lot of time in my life. I've gone there to work on art and just to kinda hang out. It's had an influence on me just the kind of environment a place like that provides."

Arhma Ali, a student aiding John Muthyala in his research, spoke of her interest not only in the study abroad possibilities, but also of Gillis' work and the subject of "blue humanities". "I am wishing that things do end up progressing, in terms of things not settling with this lecture and other events," said Ali, and she hopes to see this initiative work its way into a "broader spectrum."

Dr. Libby Bischof, Associate Professor of History and Director, Center for Collaboration and Development (USM), opened up the talk, and highlighted the importance of the humanities in relation to this initiative. She spoke to various progressions made on the topic of local relations with the North Atlantic region.

Bischof brought to light the work of the artist Justin Levesque, whose work has deep ties to the subject at hand and is on display currently at USM. Levesque is a USM alumni, holding a BA in Photography.

John Muthyala, Professor of English (USM) and Principal Investigator of Digital Maine, set the stage for the prominent talking points of the night. Dr. John Gillis took the stage and brought the audience through a journey across time and culture. He began with the metamorphosis of the boundaries of what was, and is, known as the North Atlantic. He spoke in great depth on coastal lands, its peoples, and how the two interact. A major point made by Gillis is the subject of toponyms, or the act of naming places, and how oceanic boundaries came into fruition from human perception.

Dr. John Gillis believes that the "momentum of this shore project, coastal project is immense, and there is so much more to be done." Gillis stresses

See **ATLANTIC** on page 12



Kelly Scrima / Contributor

Last Wednesday evening, students gathered together to watch the lecture on the New North Atlantic.

Review of CHVRCHES, an alternative band

The synthpop Glasgow-based trio visited the State Theater last month

Dionne Smith
Free Press Staff

On Wednesday, Sept. 21, the alternative, synthpop, Glasgow-based band Chvrches, consisting of their main vocalist Lauren Mayberry, Iain Cook playing the keyboard, bass and vocals, and Martin Doherty playing keyboard, and vocals, played at the State Theatre, with the local rock band Weakened Friends opening for them. It was a really ecstatic show. The show started at 8 p.m. with Weakened Friends playing all of their songs that are currently out. The band consists of two girls and one guy: Annie Hoffman on bass, Sonia Sturino on guitar and vocals, and Cam Jones on drums. The band was very energetic, they sounded great and unique, and their songs are pretty catchy. More importantly, the crowd really loved them. They only have a total of 10 songs out, so they played all of them, with some brief intermissions between every three or four songs to talk



Photo courtesy of Henry Laurisch

CHVRCHES perform at the 2013 Melt! festival in Germany.

to the crowd about their origins and how humble they were to be opening. They just started last year with their first EP being released on Sept. 15, 2015, but they are definitely going places. I never heard of them before they were announced

as openers, but once I heard them live, I immediately downloaded both their EPs.

After Weakened Friends played there was a intermission to get the stage set for the main event. Also, the crowd really packed in, basically filling the entire two

front open areas, quite a few seats being taken up in the back, and some people on the balcony. After about 20 or so minutes, with the stage finally set, the lights went out, and the show really began. The stage was covered with blue smoke,

everyone was cheering, but the stage was empty. Once they walked on stage the crowd cheered even louder. They opened with their song “Never Ending Circles” from their newest and second album Every Eye Open. The whole trio was very energetic, but Lauren especially. She was dancing and jumping and twirling and it was a sight and the crowd loved it. Along with their amazing performance, the light show was beautifully coordinated with each song using flashing lights, different color schemes, smoke on the stage. She sang multiple songs from their latest album, like “Make Them Gold.” She also played songs from their first album The Bones Of What You Believe, such as “We Sink” and “Gun.” Throughout her entire performance she sounded wonderful and performed wonderfully and energetically. After playing a few songs, Lauren and Martin switched so that he may play his songs “High Enough To Carry You Over” and “Under The

Tide,” a song from their first album. He was just as energetic as Lauren, as you can feel the emotion coming from his voice, and you can see his energy as he jumped around stage. After the two songs, Lauren began singing again. She played two songs that the crowd was just loving, “Bury It” and “Clearest Blue,” in which everyone was jumping and shouting. After the few songs they had a brief five-minute intermission where they left the stage. The band came back and Lauren sang “Afterglow,” where she messed up at the beginning, but the crowd just cheered her on, and honestly it was more so adorable than anything. She ended the show with the first song that started it all, “The Mother We Share”. All in all, my only complaints are that during her song “Bury It” and “The Mother We Share,” it seemed like her voice wasn’t completely there, but it was a great show and I’d love to see them again!

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From **TRANSITION**
on page 11

had trouble making friends because she was out of her comfort zone and away from home.

Not every student has troubles with transitioning and making friends. Some students are just naturally social, and some are lucky enough to have friends from high school who go to the same college. “The social transaction was easy too because I’ve lived here for a long time,” said Halima Noor, a USM freshman. “People are familiar here from my high school and everything is just weirdly easy.” There are lots of students who wish they

could say that for themselves, that they are able to transition and still see some of your old friends, and make new friends through them. In fact, Victoria Simonau, who is a junior, had the same experience with making friends. Her old friends also go to USM, and she was able to make new friends with the people her old friends introduced her to. Christine Kim, a USM sophomore, is another person who was able to easily make friends because she is from Portland so she fits in easily and already knows what kind of people are in Portland. Then there are people who are just more socially competent. Robert Jordan, a USM senior, said that he didn’t have trou-

ble making friends, that you just have to reach out and be an involved student, and of course use social media.

New students are usually lost as to what they should do with their time, saying they don’t really have people to hang out with, or they’re shy. Getting involved in a club could be a great way to expand your horizons, try new things and meet new people you will work with, and then cultivate a relationship with them and be able to call them friends.

For most, the transition can be difficult, but you have to get yourself out there and force yourself to be social. Madison LeBlanc, a USM senior, said, “It was difficult

the first week or two but just after that I was able to break out of my quiet shell and actually talk to people.” For some people like LeBlanc, it just takes a little time. Once you really get a feel for what’s going on around you, you can be able to become slowly more and more social, and you may find that it’s not as hard as you thought it would be. As Noor said, “It’s better if you try to get out of your bubble and try to initiate the conversations first. I know everyone is afraid sometimes to do that but if you take that initiative for yourself it would be good.”

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From **ATLANTIC** on page 11

the importance of what he calls the “blue humanities,” which he says is the process of “trying to understand people’s connection to the sea in terms of meaning, in terms of cultural value, and so on.” He went on to say, “I see an enthusiasm here on both sides that looks very promising, and isn’t going to get overwhelmed.”

USM has a direct role in the budding initiative, as does the state of Maine. A highlight of the work done under this initiative is the new partnership between USM and Reykjavik University, pioneered by USM President, Glenn Cummings. This fall kicks off

a series of talks and events relating to the initiative.

Jan Piribeck, Professor of Digital Art and Foundations, says of the lecture, “It’s really relevant to our particular location, and Maine is the new portal to the U.S. for the North Atlantic, so we are in a really unique position right now. In terms of education and our role as an institution of higher learning, we, USM in particular is a portal itself educationally, culturally in forging relationships. And so it’s really relevant in thinking about how human beings relate to one another.”

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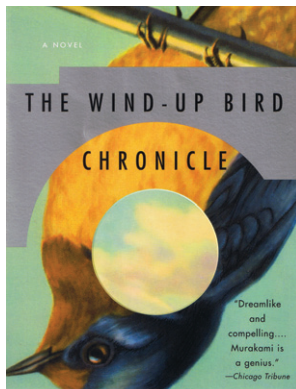
HEAVY ROTATION |

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

Japan's premier author

Matthew Craig
Staff Writer

Haruki Murakami, arguably Japan's most internationally famous fiction writer (although he also has in his repertoire several acclaimed works of nonfiction), became well known after writing *Norwegian Wood*, a novel based on the Beatles song of the same name. *Norwegian Wood* was not his first novel, but it launched his career. Murakami explores a wide range of topics in his writing, but, from what I have read, there are some recurring themes: depression, loneliness, sexuality, love and reality. What really sets Murakami apart from many other writers is his style. He often employs a style of writing called 'magical realism.' In this type of fantasy (for lack of a better term), things that are obviously not possible in reality are treated with a blasé attitude. This attitude allows the writer to include plot elements that would be difficult in hard fantasy or science fiction, while also using things like abstractions as characters, places and literary symbols simultaneously, and in a way unlike that of similar styles. For example, in the novel *Kafka on the Shore* (the title of which is a nod to Franz Kafka, a notable writer of magical realism), the protagonist, Kafka Tamura, is both himself and A Boy Named Crow. At times, the story focuses on Kafka, then, at the same point in time a scene is described in which the abstraction of Kafka (A Boy Named Crow) deals with events as they manifest in its world. It



Knopf Publishing

is hard to judge works like this, but if they are done well, the reader will interpret them in a very personal way. My favorite novel of his, *The Wind-Up Bird Chronicle*, is very rich in symbolism. The story begins as Toru Okada's cat, Noboru Wataya (also his brother-in-law's name) runs away. At the same time, his wife is away on business and asks him to search for the cat. As he spends his days looking, his wife doesn't return, with no explanation. Along the way he meets a young girl named May Kasahara, who names him 'Mr. Wind-Up Bird' after he explains to her that the bird he hears in the mornings "winds the world's spring" with a "creeeaaaak." In my opinion, this is Murakami's best work, and not a book that you can read and honestly understand immediately. All you can do is speculate about the author's intention, and it's unlikely that people could come to a consensus with independent analysis. To me, this is the mark of a truly masterful piece of art.

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Magnificent Seven: wild western

John Rocker, Staff
Aaron Halls, Staff

Antoine Fuqua's *The Magnificent Seven* is a remake of the 1960 film of the same name. Taking place in the 1870s, the film is set in the mining town of Rose Creek, which is forcefully taken over by a man named Bartholomew Bogue. Now the townspeople seek help to break free from Bogue's grip. A woman named Emma Cullen seeks help from bounty hunter Sam Chisolm, who accepts. Chisolm, along with six other men who join along the way, prepares the town for the inevitable siege from Bogue to reclaim the town.

What Did We Like?

J: The action sequences are the standouts in this modernized western. The film does a good job of showing Rose Creek from as many different angles as possible so by the time the chaos starts, you have an idea where everybody is within the town. From horse chases to close combat, to the use of traps and the element of surprise, each part of the action was entertaining to watch. Each character had a moment to shine in the fight while also adding character to the scenes, mostly in the use of quips.

A: The film does a good job at making you believe that the *Magnificent Seven* function well together as a team, and this is through fantastic action sequences, as mentioned by John, as well as smaller character moments. Individual interactions between the characters are fun to watch throughout the film, a prime example being Chisolm (Denzel Washington) and



Columbia Pictures and MGM

Goodnight Robicheaux (Ethan Hawke), whose characters, as well as the actors portraying them, have a past history together. While watching the film, it's easy to see that the cast enjoyed collaborating on the project together.

What Did We Dislike?

J: With such a large cast, it's difficult to flesh out all the characters. I do think some characters that needed more development were the villains. Bogue is a very one-note villain, and I suppose this is a common thing in the western genre. Sarsgaard does a good job of making this character unlikeable, but I wanted just a bit more to get an understanding of his character, and I didn't catch anything other than "He's just evil". There are also some characters of "The Seven" who don't get as much development as others. One character goes away for some time to fill a plot point, and I think we could have had some random person do that and we would have gotten more out of that character.

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A&C Listings

Monday, October 3

The Marcus King Band
Port City Music Hall
504 Congress St.
Doors: 7:00 Starts: 8:00

Tuesday, October 4

An Evening with Joan Baez
Merrill Auditorium
20 Myrtle St.
Doors: 7:00 Starts: 8:00

Wednesday, October 5

Shaktoolik Soundwalk
Space Gallery
538 Congress St.
From: 4:00 To: 6:00

Thursday, October 6

Red Baraat
Port City Music Hall
504 Congress St.
Doors: 7:00 Starts: 8:00

Friday, October 7

Jimkata
Port City Music Hall
504 Congress St.
Doors: 8:00 Starts: 9:00

Saturday, October 8

Michael Beling
Blue
650 Congress St.
From: 8:00 To: 10:00

Sunday, October 9

Jason Isbell
State Theatre
609 Congress St.
Doors: 7:00 Starts: 8:00

Read the full reviews online: usmfreepress.org

Want to submit an event?
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Perspectives

A Millennial's Conscience / 15
 Advising Advice / 15
 Crossword and word search / 16



Sustainability and ME

Food waste is hot right now

How can we combat this issue at hand?

Move over Zoolander. Hansel is not what's hot right now. Food waste is. That's right, food waste: the amount of food that gets thrown away by Americans and the global community. It's a real problem, and people are starting to talk about it.

Maybe you were raised in a family in which leaving food on your plate was not an option. Maybe you were told, "There are starving people in Ethiopia." Maybe your grandparents, who were raised during the Great Depression, passed their frugal mindset around food onto you. Or maybe there has always been more than enough food around and you internalized the message that there is and always will be more. If this were the case, you wouldn't be alone.

Starting in the 1920s and ramping up during World War II, innovation in food technologies like flash freezing and dehydration, coupled with more efficient transportation, afforded Americans the opportunity to preserve and ship fresh food on a scale never before seen. It is now possible to find affordable fresh and preserved food from all over the world at your local grocer, year round. Pineapple, avocado, or snap peas in February in Maine? You bet.

With this incredible access to food, waste happens. We're all guilty of it, at all steps along the supply chain. On an individual level, there's the lettuce you

forgot about in the back of your refrigerator or the stale bread on your counter that went moldy. For farmers, there is often "ugly" or second-quality produce that gets overlooked, or plants in the field that aren't able to be picked in time. Items in grocery stores pass their expiration dates, go bad or become blemished from being handled too much. And at restaurants, customers don't think twice about sending food back to the kitchen if the portion is too big or not to their liking.

Some of the aforementioned food waste is fed to livestock to supplement their diets of green or wild plants. Last week at the grocery store, I picked up two spilled containers of berries in the parking lot and brought them home to feed my chickens. Some farms and food businesses have relationships with pig farmers, for example. Still more of the aforementioned finds its way to local food pantries, soup kitchens, or food recovery programs. Case in point: when the new Chipotle opened in Bayside last April, every item on the menu was cooked multiple times to train new staff before the location officially opened. Chipotle then contacted Wayside Food Programs to pick up these meals and get them to hungry people.

Composting is another way to put unwanted food to use, by turning it back into soil. Many folks throughout Maine have a compost pile of their own at home. Others

who don't own or have the space for this can still compost with Garbage to Garden or We Compost It!, two local businesses that offer weekly subscriptions to individuals, local businesses, and institutions. USM contracts with Garbage to Garden to compost pre-consumer food waste from our Dining Halls as well as post-consumer waste from Brooks Dining in Gorham.

This is all great news, you say! Which means, we've now reached the part where I pass on the bad news. As a whole, Americans waste an exorbitant amount of food. Forty percent of all food produced in the U.S. is wasted. Read that sentence again. Forty percent. That's about 133 billion pounds of food waste per year, or 1,249 calories per person, per day. This is not only an expensive habit, but an environmentally destructive one as well. When we throw away food, it's heavy—representing roughly 20 percent of landfill weight. Food waste is the single largest municipal waste source. (Check out <https://pingree.house.gov/foodwaste> for more info and statistics like this.)

But the scariest thing about food waste is the methane that results from it breaking down anaerobically (i.e., without oxygen) in a landfill. Methane is a greenhouse gas about 21 times more effective at trapping heat in the atmosphere than carbon dioxide, mean-

See **WASTE** on page 15

Let's Talk About It

How do you decide what your priorities are?

Johnna Ossie
 News Editor

On Wednesday afternoon I sat in the Free Press office snacking on muffins that our sports editor, Erin, had made the night before instead of doing her homework. Laughing and shoving muffins into my mouth, I told her how I had spent the night before watching Buffy the Vampire Slayer and pretending to clean my room instead of doing the readings I needed to do for class. I asked her what she thought I should write my perspectives piece about this week and it dawned on both of us that maybe I should write about priorities.

Deciding what your priorities are and actually following through with them seems to be one of the hardest things for most college students to do. Perhaps it's that we don't have enough time in the day to do all the things we need and want to do, maybe it's that we get so overwhelmed with the workload that it seems easier to push it aside and bake two dozen muffins or watch three episodes of Buffy, or maybe it's just that it's more fun to do anything but the thing we really need to do.

I'm a master at avoiding the work I need to do, and I always have been. I even took a twenty-minute break in the middle of writing this article to make a list of what I thought my priorities are, which turned into a two-page document with headers and subheaders. One of my priorities was health, so I took a detour to the YMCA website to look for yoga classes. Then I was already on the internet so I checked my e-mail and went on Facebook, and here we are.

Why is it so hard to just sit

down and do the work? In my third year of college I have possibly, hopefully, found some tools that help.

I started this school year with one major rule for school which was: I will not skip class to hang out with boys. It sounds easy, but is it really that easy to say no when the person you have a crush on asks you to go on some sort

good settings to get work done in, as long as the baristas aren't all my friends and the shop isn't in the center of town where everyone I know is always coming though and talking to me.

I try to set a time limit for reading or writing essays, where I'll do my work for a set period of time and then take a small break, maybe

"I am a master at avoiding the work I need to do, and I always have been. Why is it so hard to just sit down and do the work?"

- Johnna Ossie
 News Editor

of adventure, and your class is only an hour and fifteen minutes long, and you're sure the discussion isn't that important today, and maybe your professor won't even notice that you're not there. I try to ask myself which will be more important ten years from now, my degree or the boy that I may or may not even speak to anymore.

So now that I've (hopefully) told my crush that I need to study, the next step is to put myself in a setting where I can actually get work done. For me, this means leaving my apartment. Otherwise I'll sit down at 2:00 p.m. and at 7:00 p.m. all I'll have accomplished is sorting my socks, watching YouTube videos with my roommates, making snapchats of my cat and FaceTiming my best friend across the country.

The library seems to be the best place for me to actually get school work accomplished. Everyone else there is also studying, it's quiet and there are few distractions. I also find coffee shops to be

take a walk or eat a snack. It seems more manageable and less scary to do work in small chunks than to sit down with no end in sight.

Finally, I try to spread my work out throughout the week so that I'm not doing it all at 2 a.m. the night before it's due. This takes the most diligence for me because I'm a master procrastinator, but it saves me from sleep deprivation and late-night anxiety attacks over the research I haven't done.

I'm still learning to set my priorities when it comes to school, and often times you can find me on my bedroom floor late at night swearing at my laptop, surrounded by books and work I have to finish for the next day, but ideally you will find me in the library in the afternoon, taking the time to learn what I need to learn and do my best work so that I am able to get the grades I want, the degree I want, and the future I want.

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From **WASTE** on page 14

ing it's a large contributor to global warming.

USM has new plans to get to our climate neutrality goal of zero carbon emissions by 2040. We want to get our recycling rate up and our waste generation down, of which food waste is a huge part. How can you make a difference? Join the conversation about food waste. Do some online research and educate your friends, family members and neighbors about this is-

sue. One upcoming opportunity is a great way to get your feet wet. Feeding the 5,000 on Oct. 7 will offer a free community lunch made entirely out of local, fresh food (that would otherwise have gone to waste!). It will be served between 11 a.m. and 4 p.m. in Monument Square. A meal or side dish will also be prepared and served by Sodexo at the Woodbury Campus Center.

The event will feature speakers and chefs, all with the aim of increasing awareness of food waste on

a national level and inspiring citizens to take action. Portland is one of several cities around the country participating in this event. For more information, visit <http://feedbackglobal.org/>, www.feedingthe5000USA.org, or www.ncrm.org/event/feeding-5000-portland/. The event is also all over Facebook so check it out, plan to volunteer or attend, and help spread the word.

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A Millennial's Conscience

Why adequate housing should be an universal right

Bryer Sousa
Free Press Staff

In late April, a collaboration between the Portland Tenants Union, the USM Socialists – International Socialist Organization, Portland, Maine and the University of Southern Maine Greens presented a multi tiered conference. It was titled “Green Thinks: Housing is a Human Right!”

I didn't know what to expect. It had been well established by others, such as the Portland Press Herald, that a culture of enabling mass evictions has seeped into City Hall. I have long maintained that equitable access to adequate housing is essential to the development of one's own identity. Thus I felt that the conference would resonate with me, but would be more entertaining than earth-shattering.

After months of careful consideration I admit that this conference shook me to the core. It has resulted in a profound sense of obligation. I will stand in solidarity with those who are homeless in Maine.

The conference featured local activists Crystal Cron and Owen Hill. It took place in Masterson Hall on the University of Southern

Maine Portland campus. Free and open to the public, “Green Thinks: Housing is a Human Right!” filled the classroom with residents from the Greater Portland area and students from USM.

Crystal Cron, of the Portland Tenants Union, humanized the topic of “gentrification” as well as the housing crisis generally. She shared her personal accounts and struggles. Crystal was born into poverty. She described the plethora of living spaces that she had to oscillate between during her childhood. The threat of homelessness loomed over her as she developed her identity. It was clear that her story serves as an illuminating message. Of course, it captures only one narrative. Compare this to the overwhelming number of impoverished Americans living in or on the verge of homelessness.

After a brief moment of mutual reflection, Socialist organizer Owen Hill attempted to rally the audience to action. By way of synthesizing the humanity expressed by Cron, Owen discussed the vision of a social and economic system that enables us to “fight back.”

Unfortunately, the fight

for tenant rights in Portland continues to threaten the classical values of Portlanders. We tend to agree that landlords should not push the lower class out of their neighborhoods.

The struggle for economic justice continues to organize collectives in Portland. The demand for willing and able activists to engage with one another remains essential. Many new initiatives are beginning to appear. These include the same organizations already mentioned, the Workers' Solidarity Alliance of Southern Maine and the newly chartered Southern Maine chapter of the Socialist Party USA. These groups long to stand in solidarity with fellow laborers, renters, and community members.

We must recognize that adequate housing is a fundamental human right. Gentrification is arguably in violation of the the Universal Declaration of Human Rights: “Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care...”

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Advising Advice

How does advising mix with diversity and inclusion?

Margaret Brownlee
Advisor

Please welcome the new USM Assistant Dean of Students for Diversity and Inclusion. Her name is Mariana M. Cruz, and she has been featured online through the USM Office of Public Affairs and has been spotted all over campus from the Husky Fest to the Professional Senate. She is vibrant, intelligent and really good at what she does.

But what does diversity and Inclusion mean? What are her plans for USM? And how does this relate to Advising? As a faculty advisor or professional academic advisor, this article is for you!

According to the Merriam-Webster dictionary, diversity is the quality or state of having many different forms, types, ideas, etc. However, after speaking with Dean Cruz, she explained that “diversity” is a representational term used to describe the composition of groups or identities.” When we think about the University of Southern Maine, we see diversity in Portland, Gorham and LAC campuses. We see diversity among students, staff and faculty. It's all over the place. Inclusion on the other hand is the actual effect of diversity and how we account for and engage people in our various campus communities. Inclusion is “how we value, honor, and validate

different identities represented,” Cruz said.

In a nutshell, “Diversity is representational and Inclusion is affective.” Dean Cruz explained her goals and initiatives in three steps. First, bring the Multicultural Centers to the next level in terms of mission, vision, support. Second, develop a series of on-going dialogues related to race, class, gender, sexuality, religion, etc. Third, continue to deliver cultural competency workshops and trainings for students, faculty and staff at USM.

Overall, Dean Cruz wants to support and recruit diversity at USM. Her goal is to support all of us and to work with community partners so that we can do this work together. Her main focus is to “build a strong institutional foundation so that we may continue to grow, flourish and thrive.”

How Do Diversity and Inclusion Relate to Advising?

Advising can be a resource-rich opportunity for students. Advisors offer students' knowledge about USM and can empower students to make informed decisions. Advisors must listen to the student's needs and understand that students have multiple identities (not just a student of color, not just a member of the LG-BTQA identity). Advisors must acknowledge all of

their identities and spend time learning and researching these identities as part of their professional development. Working specifically with underrepresented populations (race, class, sexual orientation, etc.) will require a little bit of education. This is competency-building and it takes time to learn, so when you don't know, ask questions. Acknowledge that you don't know and learn.

As faculty advisors, you can weave this information into your departmental meetings. As professional advisors, you can use it as professional development or talk about it during staff meetings. Remember to be fully aware and start with yourself. Think about your professional networks. Think about who supported you along the way. Think about the experience you've had and how it can connect to students. Remember to always ask questions and explore. All of this informs the way in which we advise students and this work is important.

Correction: Last week, this article was published under the incorrect author name, so the piece has been reprinted in order to ensure that the correct author received appropriate credit.

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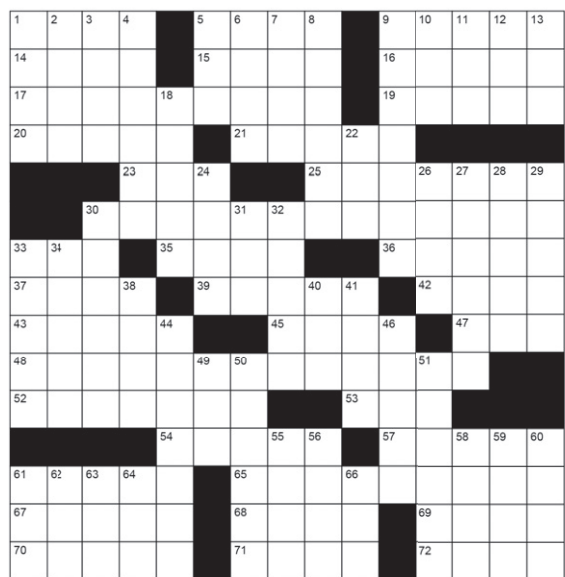
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Crossword

Across

- 1. Like many airports: Abbr.
- 5. Alas kin
- 9. Center position, in basketball
- 14. Central American Indian
- 15. Labor Day mos.
- 16. Horses of a reddish color
- 17. Far from expensive
- 19. North Carolina's ___ Banks
- 20. Concertgoer's "Well done!"
- 21. Miniseries segment
- 23. ___ in India
- 25. 1945 battle site with a flag-raising
- 30. Gullible
- 33. Dime novelist Buntline
- 35. Type of roof for a muscle car
- 36. Shakira's "Donde ___ Corazon"
- 37. Etcher's supply
- 39. 1964 Quinn role
- 42. Shopping bag
- 43. Follower of Daniel
- 45. Ambulance staff (abbr.)
- 47. Bad, as a prefix
- 48. In a pleasant enough manner
- 52. Butte locale
- 53. Prot. denomination that keeps Sabbath on Sat. (abbr.)
- 54. Dated yet trendy
- 57. Declare invalid
- 61. Toga undergarment
- 65. False
- 67. London aroma
- 68. Spacious
- 69. Chunks of history
- 70. Rough and disorderly
- 71. Those, to Jose
- 72. Fireside yarn



Down

- 1. Onlire resource for movie buffs
- 2. Brand used instead of waxing
- 3. Banks of fashion
- 4. Belaius neighbor
- 5. Blonde shade
- 6. Dickens' Uriah ___
- 7. They give out PG's and R's
- 8. ___ de corps
- 9. Stir up
- 10. Debt acknowledgment
- 11. Big vessel
- 12. Wee hour
- 13. Original Dungeons & Dragons co.
- 18. Land along the ocean
- 22. Former airline
- 24. Type of bath
- 26. Laughing matter
- 27. "Step ___ office"
- 28. Spcrtly Mazda
- 29. Phtographer Adams
- 30. Town in central New Jersey
- 31. British bathroom
- 32. Belgian WWI battle site
- 33. Old Testament book
- 34. ___ Lodge
- 38. Nimble
- 40. ASCAP counterpart
- 41. Off-roaders, familiarly
- 44. Way off the mark
- 46. Family auto
- 49. 112.5 degrees from S
- 50. Original inhabitant
- 51. Pointed arch
- 55. Genetic materials
- 56. Bones
- 58. Opposite of bianca
- 59. Orsk's river
- 60. Majeste start
- 61. Rocky point
- 62. Japanese salad veggie
- 63. "Don't dawdle!"
- 64. Contraceptive choice
- 66. The I in TGIF

Cryptogram

Every letter in a cryptogram stands for another letter. Use the hint to crack the code.

FSK SWTKLPB SWMZK VGXFKO FW UKE-WAK G LHBA ZFGM, UPF GBB HF EWPBO LHXO VGZ UHF TGMFZ.

And here is your hint: P = U

The solution to last issue's crossword



Word Search

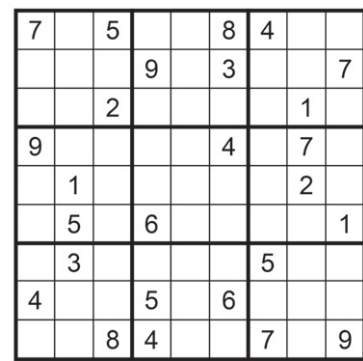
Theme: College



Sudoku

Level of difficulty: Hard

The object of a sudoku is to fill in the remaining squares so that every row, every column, and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once.



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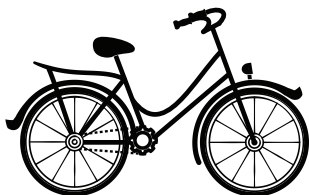
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USM Community Page



Portland Gear Hub offers programs and repairs

Regardless of the time of year, shop offers variety of cyclist resources

Katie Malia
Free Press Staff

Just a few years ago the Portland Gear Hub was a mere idea, a car filled with cross-country skis and snowshoes. It all started with a simple conversation between two non-profits and old friends that wanted to work together. Several ideas were run through concerning how to get families and youth outdoors with good equipment and concerning how to fund current youth development programs.

Portland Gear Hub is a hidden diamond in Portland, ME, that not everyone knows about yet. It is located on Saint John Street, about two doors down from Margaritas, in Union Station Plaza. It is a non-profit organization that seeks to get youth outside and is full of donated outdoor gear. They started in the YMCA basement in January 2014. The general manager of the shop is Ainsley Judge. Judge has been with the shop since March 2014. This wasn't Judge's first job like this though, as she's been working on bikes since she was 16 years old and has worked in other shops similar to Gear Hub all over the country.

Portland Gear Hub is also partnered with the Maine

Bicycle Coalition. Anyone can just bring their bike in for repairs. They have sessions called Open Bench Time where you are able to bring your bike in, put it up on the stand and use their tools. There is a sliding scale of ten to twenty dollars an hour. Open Bench Time occurs on Sundays and Mondays, noon to 4 p.m. Anyone can come in with a concern about their bicycle and they'll be assisted by Gear Hub employees to identify and resolve the issue. Judge said, "We'll help you find out what's wrong with it, show you how to fix it, why it might have happened and just give you some tips overall." There are all sorts of folks that come into the Gear Hub, their ages range anywhere from 15 to 60 years old. Anyone there can and will offer you help, as it's a pretty relaxed and helpful place.

Portland Gear Hub not only provides awesome products to help you get outside, they have programs to help you help yourself. They offer programs such as bike maintenance orientation nights, Open Bench Time and Wrench Night. Wrench Night serves to provide a safe, supportive environment for women, trans and femme cyclists to learn about bike maintenance. During Wrench Night, the store is closed but the shop is open. Generally mechanic shops and bike shops are male dominated, but on this night, in this shop, this is not the case. This night acts as a wonderful sort of retreat.

Another sweet program

that Portland Gear Hub has generated with the Bicycle Coalition is the Bikes for All Mainers program. There is an entrance fee of twenty-five to fifty dollars, which is based on a sliding scale, and there is potentially a fee waiver available. Each session only has room for four people. Designed to provide opportunities for adults who don't have the financial means to purchase bikes, recent American immigrants and those living in communities that don't have proper access to public transportation, the Bikes for All Mainers program teaches bicycle safety and general maintenance. The program also allows participants to obtain volunteer positions within the communities to use their new skills and earn a refurbished bicycle along with the necessary accessories and skills needed to maintain it. Anyone who doesn't have other means of transportation is strongly encouraged to take part in the program.

Overall the vibe of Portland Gear Hub is an approachable, safe, friendly environment. They seem to be all about the community and its members having support and access to the tools needed to be active outdoors. Portland Gear Hub is also very understanding of economic hardships and struggles and provides opportunity for sliding scales. Two of the employees, Carmen Peterson, the Gear and Bike Guru, and Ainsley Judge, the general manager, were very patient and accommodating. They seem to channel their environment. This place is a



Katie Malia / Free Press Staff

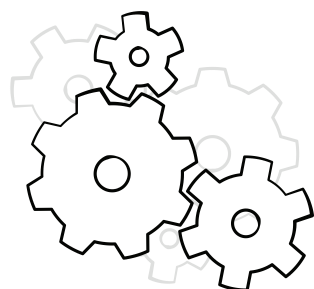
Inside of Portland Gear Hub, located on Saint John Street, there are a variety of resources available for anyone interested in participating in workshops or

place everyone should know about and visit. Portland Gear Hub offers something that was needed, and not yet present in the other bike shops in Portland. Unfortunately most people cannot drop two thousand dollars on a new bike, but the Portland Gear Hub helps anyone

understand biking and helps them get started, regardless of whether or not they make a purchase. Portland Gear Hub is a resourceful, supportive shop and can help people help themselves, especially if you really want to get into outdoor sports and bikes. Go see Ainsley

and Carmen and ask them about outdoor gear and bikes down in Union Station Plaza. To find more information about Portland Gear Hub, give them a call at 207-761-7632.

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Huskies for Reproductive Health

Student organization aims to educate the community

Johnna Ossie
News Editor

On Wednesday night in Luther Bonney, seven students sat in a circle with Assistant Dean of Students and Title IX Coordinator Sarah Holmes and gave their names and the pronouns they use for themselves. They are the Huskies for Reproductive Health (HRH), a USM Student Organization whose goal is to help USM students stay sexually healthy and know their options for sexual health services. This could include where to get access to free condoms, where to get STI screenings or resources offered by the USM health center and Planned Parenthood.

Holmes led the group through a series of exercises designed to look at what she called the Gender Unicorn, which looked at sex assigned at birth, gender identity, gender expression and sexual and romantic attraction. The exercise was designed to have students look at gender and sexuality as a spectrum, explore their own identity and understand that everyone's Gender Unicorn looks different. Buttons were passed around that read, "Ask me about my pronouns!"

After Holmes' was finished, a representative from Planned Parenthood spoke with the group about the most effective practices at tabling events and explained how to assist other students with registering to vote, as well as how vote via an absentee ballot.

The Planned Parenthood representative emphasized that reproductive health and reproductive justice don't always fall along bipartisan political lines. Laughing, she reminded the group that both Democrats and Republicans need reproductive health care. One of HRH's goals is to get students involved in politics and to support politicians that



Photo courtesy of USM Reproductive Health

The USM Huskies for Reproductive Health group met on the Gorham campus last Thursday. Each week, the group meets to go over positive changes they want to bring to the university.

support reproductive rights and reproductive justice, whether they are Democrat or Republican.

Emma Donnelly, a sophomore with a double major in women and gender studies and social work, is the president of HRH. At the meeting, Donnelly wore a shirt with the word "FEMINIST" written in block letters across the front.

Donnelly wants students to remember that reproductive health care is just a regular part of health care, and she wants students to have access to the resources and knowledge they need to take care of themselves. USM has resources to test students for sexually transmitted infections, but many don't know they have access to that on campus.

"Reproductive health affects everyone," she said. "In fact, one in two people who are sexually active will have an STD by the time they are 25. Not to mention, one fourth of all college-aged students already have an STD."

Donnelly also discussed that one in three women will

have an abortion in their lifetime. Abortion is an incredibly stigmatized and polarizing topic, but the numbers show that one third of women will need to have the procedure at some point, and Donnelly wants to make sure those women have access to safe and affordable care.

"It's important to keep abortion safe and legal," she said.

Right now the group consists of mostly women, but Donnelly says they are hoping to get a larger variety of people involved. The members' majors range from women and gender studies to math to health and sciences, and these members bring a variety of experience to the group.

This semester they have been focusing on the upcoming election, doing phone banking as well as working to register students to vote. Donnelly stressed the importance of students caring about and partaking in politics, as well as remembering to vote in local elections, which can have a large impact.

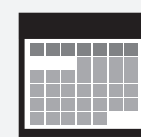
"I hope that we elect of-

ficials, at a local, state, and national level who defend Planned Parenthood's values and protect the people of this country," she said. "I also really hope that people look into who their local candidates are and get energized about electing officials to their state legislature."

HRH has many community events coming up in the following weeks and months on campus. In October, they will be hosting a Sex Trivia night as well as celebrating the centennial of Planned Parenthood. They will also be tabling for National Voter Registration Day on Sept. 27.

Students who wish to get involved can attend meetings on the Gorham and/or Portland campus. The group switches between the two campuses weekly, meeting in Luther Bonney 302 on the Portland campus or Bailey 113 on the Gorham campus. Meetings are held on Wednesdays and start at 8 p.m. Emma Donnelly can be reached at emma.donnelly@maine.edu.

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Community Events

Monday, September 26

Just-For-Fun Singing
USM Portland Campus Location
Woodbury Campus Center Amphitheatre
Starts: 5:00 p.m. / Ends: 6:00 p.m.

Tuesday, September 27

J.A.M. Fest South
Portland House of Music and Events
25 Temple St.
Starts: 5:00 p.m. / Ends: 9:00 p.m.

Arctic Event: Lightning Workshop
USM Portland Campus Location
Woodbury Campus Center
Starts: 8:00 a.m. / Ends: 1:30 p.m.

Wednesday, September 28

Goodwill on Campus
USM Portland Campus Location
Luther Bonney Lobby, Portland Campus
Starts: 11:00 a.m. / Ends: 1:00 p.m.

Thursday, September 29

Board Game Night!
USM Gorham Campus Location
Brooks Student Center
Starts: 9:00 p.m. / Ends: 10:30 p.m.

Friday, September 30

First Friday Art Walk: "Prayers for Protection"
USM Portland Campus Location
Southworth Planetarium
Starts: 5:00 p.m. / Ends: 8:00 p.m.

Saturday, October 1

Dave Douglas Jazz Master Class
USM Gorham Campus Location
Corthell Concert Hall
Starts: 2:00 p.m. / Ends: 3:30 p.m.

Sunday, October 2

Natural Selection
USM Portland Campus Location
Southworth Planetarium
Starts: 3:00 p.m. / Ends: 4:00 p.m.

Want us to include your event?
maryellen@usmfreepress.org

Sports



River's Reviews:

Colby upsets Southern Maine 7-1

River Plouffe Vogel
Free Press Staff

Gorham, ME — The Southern Maine women's soccer team hosted Colby College in a tough non-conference loss on Tuesday. The lady Huskies fell to 3-6 on the season. The game came on the heels of a bad loss to Keene State, who moved to 2-0 in LEC play. Despite a hard fought game and excellent goalie play from Taylor Canastra (Fairhaven, MA/ Fairhaven), a sophomore, with 13 saves, Colby ousted the Huskies 7-1.

Colby jumped out to a quick lead with their first goal coming after just a minute of play. Laura Arnold (Dallas, TX/ Greenhill School) scored on a cross from Aliza Van Leesten (New Haven, CT/ Hopkins School), who would go on to have another assist and one goal herself.

The Huskies battled back, but even with their best efforts, great communication and feisty play, they couldn't stop a barrage of Colby goals with one coming at the 18th minute and two more coming in the 22nd minute, only 40 seconds apart. Hannah Broz-



River Plouffe Vogel / Free Press Staff

Huskies fall to 3-6 after a tough non-conference loss.

dowski (Easton, CT/ Joel Barlow) scored the first two and Nicola Katz (Brookline, MA/ Noble and Greenboro) had the third. Finally, to cap of the half, Kara Wilson (Concord, MA/ Concord Carlisle) scored for Colby in the 27th minute of play.

Though down 5-0 at the half, the lady Huskies attitude was positive and upbeat. The second half was a much closer battle with Colby only outscoring Southern Maine 3-1, in the half respectively. Olivia Mull (Portland, ME/ Cheverus) of Southern Maine scored the Huskies only goal in the 63rd minute of play, her goal was unassisted.

Monday

Women's Soccer
vs. Dean College
4:00 p.m.

Wednesday

Men's Soccer
vs Thomas
4:00 p.m.

Saturday

Women's Tennis
vs. Salem State
1:00 p.m.

Saturday

Women's Soccer
vs. Plymouth State
1:00 p.m.

Sunday

Golf
USM Fall Classic
11:00 a.m.

Just Breath: Meet Jennie Foley

Erin Brown
Sports Editor

Homework is piling up, your agenda becomes fuller and fuller, you haven't had a peaceful night of sleep in who knows how long. Forget getting to the gym after prepping for the three exams you have this week and physically exhausting yourself. Have you ever thought to take on yoga? Yoga is a stress relieving exercise that works out your mind and body while relieving stress. Yoga is becoming more and more popular and the opportunities to start yoga are endless.

While USM and the greater Portland area both have ample resources for students to get themselves into yoga, the most enticing option would probably be the yoga class where you earn credits. RHF 118 is a 1.5 credit course offered by the University both online and in studio. The in studio class meets twice a week for an hour.

USM alumni Jennie Foley is one of the teachers for the course. This semester she's been teaching the in studio version of the class. The class is based 70% on movement and 30% on the philosophy of yoga. Foley says she loves the philosophy part and her students love it in a way she didn't expect. For the movement aspect of the course, it is offered as all levels, which starts out pretty basic in the beginning and as the semester goes on the poses get a little deeper.

Foley says she tries to keep it adaptable for all who take it. While a student, Foley had been involved in lots of yoga practices on campus which is what ultimately led to her become a professor of yoga.

Foley has an inspiring backstory about getting into yoga and training to teach.



Erin Brown / Sports Editor

Jennie Foley poses after her RHF 118 course in the multi-purpose room.

She got into yoga 16 years ago when she watched a tape of her mother's of a man in short-shorts on the beach doing yoga. Foley is very open about the trials and tribulations she has gone through in her past couple of years and

says the course at USM is her favorite to teach for a variety of reasons. "This is my favorite class, because not only are we doing movements and talk about the philosophy, but I really get to know the students. Because we meet on such a

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- Jennie Foley
USM Yoga Professor

made her turn to doing and teaching yoga.

She began training to teach six years ago when she said, "yoga saved my life and in that realization I knew I needed to teach it to other people." To this day, even past some of the bigger hardships in her life, she is a firm believer that yoga has tools to heal issues in so many aspects of everyday life, "I do find time and time again, if I find nothing else works yoga is there for me. Struggling with anxiety, chronic pain, or relationships problems, yoga has the tools to fix these."

Out of the 13 classes a week she does teach, Foley

regular basis, I get to know them so much better and can help them build a sustainable practice. The setup is great to get good work done and establish students with such a solid practice that allows them to know enough about yoga to take their knowledge and experience and run with it."

Foley believes there are many reasons students should practice yoga.

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Read the rest online:
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Scoreboard

September 27

Women's Tennis

USM 0
UMass Boston 9

Women's Soccer

USM 1
Colby College 7

September 28

Men's Soccer

USM 0
UMF 1

Field Hockey

USM 0
Keene State 4

September 29

Volleyball

USM 3
St. Joseph's 0

Want more scores?
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